

Public Service Announcement

Celebrate the 60th Anniversary of the National School Lunch Program during National School Lunch Week (NSLW) **October 9-13, 2006.**

Children's nutrition is a prominent US health concern and we invite parents, students, community and faculty members to join us in celebrating healthy meals and healthy school environment during this week.

NSLW was established in 1963 by a proclamation from President John F. Kennedy. It is designed to help raise awareness for the important role that school nutrition programs play in the lives of America's children.

Within the federally funded National School Lunch Program:

- Nationwide, 95% of schools participate (approximately 100,000 public and non-profit private schools and residential child care institutions)
- 29 million children are served daily
- Dietary guidelines dictate no more than 30 percent of calories can come from fat and less than 10 percent from saturated fat
- Over the course of one week, lunches must provide 1/3 of the Recommended Dietary Allowances of protein, Vitamin A, Vitamin C, iron, calcium and calories
- Well-balanced school lunches include protein, fruits and vegetables, grains and low-fat milk and are served in age-appropriate portion sizes.

In recent years, school nutrition programs have introduced healthy cooking techniques and added more fresh fruits, vegetables and whole grains to offer healthy school meals that children enjoy.

Come see for yourself.

We invite you to come join us for this fun, festive week.